

LEVEL ONE "STARFISH"

LEVEL ONE SKILLS:

Put Face in Water and Blow Bubbles

- Teach bubbles from mouth and nose
- Work on keeping face in

5 Bobs with Rhythmic Breathing

- One breath above water, blow bubbles underwater
- Do the bobs with them

Straight Leg Flutter Kick on Stomach

- Use barbells, kickboards, noodles

Straight Leg Flutter Kick on Back

- Use barbells, kickboards, noodles

10 Second Front Float and Back Float

- Can be instructor assisted

Intro to Front and Back Streamline Push-offs

- Can be instructor assisted

Assisted or Unassisted Jump into the Water

- Ensure they jump away from the wall

Safety Skill: Exit and Enter the Pool Independently

LEVEL TWO "SEA TURTLES"

LEVEL TWO SKILLS:

10 second Unsupported Float on Front and Back (in proper body position)

- Swimmers should be "T" position and not be grabbing instructor for assistance

Front and Back Streamline Push-offs from the wall with flutter kicking

- In a proper streamline a swimmer's arms should be behind their head and squeezing the head, not loose or apart
- Needs to be demonstrated to flags and back to wall with proper form

Side Breathing

- Start with barbell if needed, progress to using a kickboard in one hand
- Ensure swimmer is not using their hand by their side to help paddle them along

Back Swimming

- Swimmers should maintain proper body position and kick while using their arms in a correct sculling motion to assist them
- Main propulsion should come from the kick and not the arms

Rolling Over

- Start with a proper streamline on stomach off the wall, roll to back sculling after 10-15 kicks, then back to streamline on stomach after 10-15 kicks, all while maintaining a proper kick and body position through the roll

Retrieve an object from the bottom of the pool

- Can be a ring or anything that sinks in the shallow end. Work on using sculling arms to help swimmer reach the bottom of the pool
- Use this skill as a game but do not throw anything too far or take too much time out of class retrieving rings from the bottom

Safety Skill: Unassisted Jump. Jump in the pool and return to the wall.

LEVEL THREE "OTTERS"

LEVEL THREE SKILLS:

Catchup Drill - ON A KICKBOARD

- Use the progression
 - One arm on board kicking
 - 12-1 drill (12 kicks, 1 stroke, breathe, face back in, repeat)
 - Catchup drill (breathe every 3 strokes)

Backstroke

- Use the progression:
 - Kicking only arm behind head (statue of liberty position)
 - 12-1 drill (12 kicks, 1 stroke)
 - 6-3 drill (6 kicks, 3 strokes)
 - Full backstroke (windmill arms, can stay flat, and straight arm pull pattern)

Underwater Streamline on Front and Back

- Underwater push off with two feet in a proper front streamline and kick to surface on both front and back

Somersault

- Assist them in learning to tuck their chin and flip underwater

Kneeling Dive

- Kneeling dive from the side of pool, ensure hands enter first
- Maintaining streamline after entry

Safety Skill: Tread

- Introduce eggbeater kick, but not required to pass
- Demonstrate any type tread after jumping/diving into pool, making sure head is above water for 30 seconds

LEVEL FOUR "SEALS"

LEVEL FOUR SKILLS:

Catchup - No Equipment

- Progression: start swimmers with catchup on a kickboard, thumb touch catch-up, full extension, catchup
- Swimmers must demonstrate proper body position, side breathing, and kicking, introduce high elbow catch concept

Backstroke

- Swimmers will know backstroke from L3. Introduce rotation first, then high elbow catch pull pattern
- Swimmers must be able to complete at least 25yds of exemplary backstroke with proper body position, rotation, catch, recovery, and kicking
- Swimmers must know their stroke count (# of strokes from flags to the wall)

Intro to Breaststroke Kick

- Swimmers must demonstrate a legal breaststroke kick on a kickboard. This means no scissor kicking, but a frog kick is OK. Encourage a complete whip kick, but it is not necessary to pass
 - Use kickboards to introduce swimmers
 - Practice laying on the blue block outside of the pool, then practice on the wall stationary before trying it in motion

Intro to Dolphin Kick

- Swimmers must keep knees together and generate their kick from the core, not using hands for help, while continuing to kick through the breath
 - Use fins to help introduce dolphin kick

Flip Drill

- When a swimmer can perform a good somersault, introduce flipturns by having a swimmer hold onto the wall while kicking, flip towards the wall, and push off on the back in underwater streamline

Safety Skill: Treading with Eggbeater

- Proper eggbeater kick for 30 seconds, keeping head above water. Progress to legs only.

Standing Dive

- Focus on using the legs to spring out off the wall, keeping the dive controlled and shallow, and maintaining a streamline underwater

LEVEL FIVE "DOLPHINS"

LEVEL FIVE SKILLS:

25 Yards Freestyle

- Proper catch position, pull pattern, bilateral breathing, and 6-beat kick
- Use variety of drills 12.5 yards at a time

25 Yards Backstroke

- Proper body position, pull pattern, rotation, and kick
- Use variety of drills 12.5 yards at a time

25 Yards Breaststroke

- Introduce breaststroke arm pull
 - Do not allow swimmers to pull past bellybutton
- Proper breaststroke kick, knees close together, completing each kick, gliding
- Use separation drill to work on breaststroke timing
 - 3sec separation (pull-glide for 3sec in the line, kick-glide for 3sec in the line, repeat)
 - 2sec separation
 - 1sec separation

Beginning Butterfly

- Focus on developing a complete underwater pull through drills and varied kicking
- Use "Boom Drill" to develop catch and pull

Freestyle Flip Turn

Backstroke Finish/Open Turns

- Learn stroke count
- Work on IM transition or open turns to any other stroke.

Racing Start Off Side of Pool

1 Minute Treading Water with Eggbeater Kick

Safety Skill: Reaching Assist

- Safest way to help somebody struggling in the water. Practice with a buddy.

LEVEL SIX "ORCAS"

LEVEL SIX SKILLS:

50 Yards Freestyle

- Proper streamline push with dolphin kick, catch, pull pattern, rotation, 6 beat kick, and flip turn

50 Yards Backstroke

- Proper streamline push with dolphin kick, pull pattern, recovery, six beat kick, high elbow catch
- Introduce backstroke racing start
- A swimmer must complete a legal backstroke flip turn. Swim into the wall on back, roll over at appropriate time, and perform a flip turn with a streamline dolphin kick push-off

50 Yards Breaststroke

- Proper head position, pull, kick, and timing. No pause under chest, no hands going past waistline
- Introduce the breaststroke pullout. In any variation of breaststroke swimmers should begin the length with a legal pullout. Dolphin kick in pullout is not necessary to pass, but teach those who are ready for it.

25 Yards Butterfly

- Swimmers now know dolphin kick in proper breathing and underwater pull. In Level 6 we will now add the recovery
- Use our out of water progression: fingertips forward, fingertips back, snow angel
- Butterfly with proper head and body position, stroke and breath timing, breath pattern, and recovery. Use various butterfly drills to achieve this

Racing Dive From Block

- Swimmers should work on performing a balanced and powerful track start off the block
- We want them to get out over the water and have proper streamlined entry
- Work for all strokes

100 Yard Individual Medley

- Must be done with all legal strokes and IM transitions without stopping

Safety Skill: Attempt the lifeguard swim test!

- Brick retrieval from deep end
- 150 yard swim, 2 min tread, 50 yard swim ("Swim-Tread-Swim Sequence")